**Module 7: Consciousness, Sleep, and Dreaming**

The resources listed here are based on using the textbook by David G. Myers *Exploring Psychology, 8th ed*. For an overview of all modules and assignments see the files in the Lessons folder titled "Course Guide for General Psychology Resources and Assignments" and "Course Guide to the Fourteen Modules of OCL General Psycholgy"

**Textbook readings:**

Myers Chapter 3: Consciousness and the Two-track Mind

Griggs Chapter 2 Neuroscience (pp. 73-76 only)

Stangor Chapter 4 States of Consciousness

**Optional Resource: CQ Researcher** - Drowsy Driving & Sleep Loss

**View lecture videos**

Discovering Psychology:

#13 The Mind Awake and Asleep

#14 The Mind Hidden and Divided (repression, hypnosis, recovered & false memory)

Yale: #17 Part 2: Some Mysteries: sleep, dreams, & laughter

**Psych Portal videos**

Sleep and sleeplessness: the current scene (6 min)

Automatic Skills: Disrupting a pilots performance (4 min)

The effects of sleep deprivation: three brave souls (6 min)

Sleep terror disorder (4 ½ min)

Hypnosis: an altered mental state? (4 min)

Hypnosis: Medical and psychological applications (5 ½ min)

The nature and abuse of ecstasy (3 min)

**Other video clips**

**CBS 60 Minutes** web site: March 16, 2008: two 13 minute clips on sleep and the effects of too little sleep: (required). This is the best summary of the current state of knowledge on sleep that I have seen. These two videos keep moving and are not back at the CBS 60 minutes web site:

Part 1:<http://www.cbsnews.com/video/watch/?id=4181992n>

Part 2:<http://www.cbsnews.com/video/watch/?id=3942132n>

Scientific American Frontiers: What’s in a dream? (13 min)

**Complete the Research & Discussion topics** in the Module 7 Lessons/Assignments folder.

Shift work, drowsy and distracted driving, and sleep